



LEE CARLSON CENTER™
For Mental Health & Well-Being

Parenting Groups

ELEMENTARY SCHOOL AGES



Join Lee Carlson Center for a parenting group built on providing realistic information and tools that you can actually use to help make life a little less chaotic.

WEEK 1: Balancing Act: School, Activities, & Family Time:
Figuring Out What's Best for Your Family

WEEK 2: Family & Technology: Safety & Moderation

WEEK 3: Importance of Sleep & Routines

WEEK 4: Navigating Nutrition Challenges

WEEK 5: All Feelings Welcome: Helping Kids Recognize,
Understand, & Manage Emotions

WEEK 6: Responding to Difficult Behaviors

WEEK 7: Fostering Resilience & Self-Esteem through
Mindfulness & Play

WEEK 8: Friendship Central: Navigating Peer Relationships
for Kids & Parents

NO COST TO FAMILIES!

GROUPS HELD VIA TELEHEALTH

WEDNESDAYS FROM 6:30-7:30 PM STARTING 6/24/20

REFERRALS FOR FOLLOW UP SERVICES AVAILABLE

Call our Intake Line to Enroll: 763.780.3036

Lee Carlson Center for Mental Health & Well-Being complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
Lee Carlson Center for Mental Health & Well-Being cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.